

**AIDS TO MATERIA MEDICA FOR NURSES.** By Amy E. A. Squibbs, S.R.N., D.N.(Lond.). Fourth edition. (Pp. xvi + 247; fig. 13. 5s. 6d.). London : Baillière, Tindall & Cox. 1953.

If it is essential, as stated in the foreword, that the nurse should appreciate the dangerous toxic effects which may be produced by present-day drugs as well as having a general understanding of their action in the body and the diseases for which they are used, this is a useful book. The author acknowledges how difficult it is to keep such a book simple and within the limits and scope of what we can expect a nurse to know. There is no indication of how much is intended for reference and how much must be learned. It may, however, be doubted if such statements as "Ouabain, a crystalline glycoside obtained from *Strophanthus gratus*. Dose 1/120 gr. intravenously" and the listing of the doses of many preparations which are only sometimes used is useful information to the nurse at any time.

The author has on the whole succeeded remarkably well in presenting her information briefly and clearly. The difficulty appears to be the failure of the examining bodies of the nursing profession to limit the amount of detailed and theoretical information they expect from their candidates. After all, therapy is still prescribed by medical practitioners; though even they might be glad of an opportunity to refresh their memory on the dose of some of the preparations listed. We suppose such books are necessary, but we feel, as we feel about the theoretical knowledge now required of the ever increasing army of medical auxiliaries, that "knowledge grows, but wisdom lingers."

**A TEXT-BOOK OF GYNÆCOLOGICAL SURGERY.** By Victor Bonney, M.S., M.D., B.Sc.(Lond.), F.R.C.S.(Eng.). Sixth edition. (Pp. xii + 958; figs. 611. 60s.) London : Cassell. 1952.

THIS book has held a unique position among British gynæcologists since it was first published forty years ago. The present edition presents the recent advances in operative gynæcology in an attractive manner. The various steps of all operations are clearly illustrated, and indeed make each operation look simple.

The discussion of alternative lines of operative treatment is a valuable addition to the operative technique. In dealing with Wertheim's operation, it was surprising to find that a block dissection was not illustrated, and removal of the regional lymph glands was advised after the hysterectomy. The reasons for this are given, but, with modern anæsthesia, are perhaps not so cogent as they were some years ago.

The section on myomectomy is well illustrated and the technique well described.

The inclusion of details of such operations as intervesicovaginal fixation of the uterus might be criticised, but, apart from this minor feature, this is an excellent book, which should be in the library of every practising gynæcologist, and is essential for every postgraduate student.

C. H. G. M.

**MUSCLE RELAXATION AS AN AID TO PSYCHOTHERAPY.** By Gerald Garmany, B.Sc., M.B., M.R.C.P., D.P.M. (Pp. 65. 3s. 6d. paper; 5s. 6d. cloth.) London : Actinic Press. 1952.

DR. GARMANY has considerable experience of the technique of muscle relaxation in psychotherapy. He is an experienced psychologist and does not claim that it is a cure for all forms of nervous tension or that it should be used alone. He has found the assistance of a physiotherapist useful for teaching the patient the technique of muscle relaxation. Some physiotherapists working under the supervision of a medical psychologist may give valuable assistance to patients, and this book gives them detailed instructions. This is not a technique to be added to the routine armamentum of a department of physiotherapy or ordered, as radiant heat or massage often is to-day, with little discrimination.